



# TotalBalance

## Wellbeing Centre

GETTING LIFE IN BALANCE

# BACKCHAT

ISSUE 6  
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### Osteoarthritis

Many people ask about the difference between the 2 most common forms of 'arthritis'- *osteoarthritis* (OA) and *rheumatoid arthritis* (RA). So here is a quick introduction to osteoarthritis for you.

It is a condition where the smooth cushion between bones (cartilage) breaks down, that causes joints to become painful and stiff. It's the most common type of arthritis in the UK. Often called 'wear and tear', 'degeneration', or 'spondylosis'

The main symptoms of OA are joint pain and stiffness, and problems moving the joint. Other symptoms include swelling, tenderness, grating or crackling sound when moving the affected joints.

Almost any joint can be affected by osteoarthritis, but OA most often affects knees, hips, lower back, neck and hands.

#### **Possible Risk Factors:**

There are many risk factors which increase our risk of developing osteoarthritis. The main ones include: Age, Joint injury, Overuse, Obesity, Weak muscles, Genetics, and being female.

#### **Treating Osteoarthritis:**

Like rheumatoid arthritis, there is no cure for osteoarthritis. It is often diagnosed when taking x-rays. It is not unusual for osteoarthritis to be diagnosed, but to be without any pain and discomfort. When symptomatic it responds well to manual therapy, medication, and sometimes surgery. Osteoarthritis is commonly seen in the centre and is often the reason for a slower recovery than in those without osteoarthritis. It does however respond well to manual therapy to aid the management of it. It cannot be cured, and in an ideal world a better approach would be to work to prevent it in the first place. This approach would include nutritional changes, exercise and posture improvements, focussing on an overall anti-inflammatory strategy.

### Latest news from the centre

#### Easter Egg Collection

We will be starting our annual Easter Egg collection for underprivileged local children in March. We are offering an 80% discount for new clients who bring in 2 large Easter eggs. That is only £10 for the initial consultation instead of £50.

For existing clients who would also like to help these worthy charities you can donate 2 eggs and get a £5 discount on your treatment. You are helping to make a child's Easter that bit more special.



#### Free Spinal Screenings



Do you know someone who is in pain but not sure if Chiropractic or Osteomyology care is right for them? Why not tell them about our FREE spinal screening event that is happening on Friday 16th April. It's a great way for them to come in and speak with our fabulous team and see if we can help them finally be free from pain.

Find out more by visiting our website or Facebook page.

#### Vitamins

We now sell a range of Cytoplan food supplements. These have been specially selected by our Practitioners and are high strength vitamins.

Please feel free to ask any of the team if you have any questions about them or how they can be beneficial to you



VOUCHER



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### FAMILY REFERRAL VOUCHER

While you are enjoying the benefits of care within the centre, why not bring your family along for a check up and enjoy the benefits of true wellbeing care for the whole family.

This certificate will cover 50% of the cost of their initial visits to the centre to see our Chiropractic or Osteomyology team. This includes: A Private Consultation, a full top-to-toe examination, including x-rays if necessary. It also covers a follow up visit in order to receive a full verbal report of the centre's findings.

This voucher has no cash value and cannot be exchanged for cash or used towards product purchases and can not be used in conjunction with any other promotions.

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